

# Wilmslow Running Club

## Newsletter...



**June 2011**

[www.wilmslowrunningclub.co.uk](http://www.wilmslowrunningclub.co.uk)

**Six races down and 16 to go with a new race record turnout of 52 runners!**

**With Tony's training day and a new Summer handicap, club activities are reaching new heights!**



**Just in case you missed the AGM minutes.....**

### **Chairman's remarks (Nick Bishop)**

2010 minutes agreed.

An overview of the club achievements was given:

- Record numbers turned out for the 2010 Summer series. 87 ran and 60 completed the series compared to 76 running and 49 completing the series the previous year with the ladies showing the biggest increase.
- 56 turned out in the various XC races. In the M&D League, the men retained their vet's title for the sixth year running and placed third overall. Pride of place to the ladies, winning both open age and vets titles. The room gave thanks to Kate.
- Both men's and ladies teams won their respective Cheshire Grand Prix Championships with Damian Nicholls being crowned Cheshire GP champion and Louise Rudd placing third.
- Louise Rudd and Jane Mulrayan ( Reserve) represented England Masters in an International XC event
- We now compete at a National level and have teams competing in a forthcoming UK masters relay event.

Membership now totals 116, an increase of 61% from four years ago. With the size of changing rooms and the challenge in arranging the appropriate training sessions with the growth in numbers, we are ensuring that we grow the membership in a controlled manner. The club has a duty of care to existing and potential new members.

Four members, Nick Bishop, Andy Watts, Kate Sutton and Paul Sanders are attending a UKA coaching course as back up to Tony.

The Asics Wilmslow Half marathon continues to be a great success and has been awarded the honour of incorporating the England Half marathon championships for the fourth year. As a result of the previous 20 years Malcolm Fowler will soon be approaching the processing of 100k entries!!

The committee was thanked for its work and re-elected (Proposed by Rod C and Ian A.).

Nick Bishop (Chair)  
Paul Sanders (Secretary)  
Peter Bream (Treasurer)  
Dave Read (Membership)  
Julie Lucas (Auditor)  
Andy Watts (Web)  
Tony Hulme (Club coach)  
Jim Pendrill

Particular thanks as always to Tony ably supported by Paul and Dave for their efforts at training, Andy Watts for his web site maintenance  
Appreciation was also made to the work of Ian Ashcroft, Charlotte Godfrey and Don Bullough for report, newsletter and Summer Series stats.

Two unofficial roles of team/club captains were mentioned, by default Nick Bishop and Kate Sutton carry out the roles but new and willing volunteers are most welcome .

Ordinarily , the position of chairman is a three year period . The current position would cease in September 2011 . Given that our own club AGM has now moved to April/May , to fall in to line with UKA , it was agreed to retain the current position until the next AGM , which will then need the election of a new chairman in 2012.

### **Treasurers report (Peter Bream)**

Accounts were presented and discussed with the club showing a balance of £1,437 for the year end (31st March). The club receives donations from the separate W1/2 funds with the biggest single expense being events including training days.

### **AOB**

Trevor has offered to stage a summer handicap race in Macc Forest: Details tbc

Jim Pendrill via the Chair, acknowledged the unqualified success of the Bramhall parkrun: The club has benefitted from a number of new runners from the event.

AGM closed at 9.35.



## Some Half Marathon Feedback

In short: Excellent organisation - this runs like clockwork (no mean feat considering the 1000s running!) A fast course, great marshals and lots of support. Great race!

In full: I didn't find the water in cups an issue; the race was meticulously organised from the start to finish. The marshals were grand, as was the local support. A special mention must be made for the lady guiding cars out of the rugby crowd - like balletic air traffic control :-)

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I normally run this race but got injured and marshalled instead and thought I'd give my perspective of a race from the other side of the fence. First of all I've got to say how much work goes into the race that people don't know about both on and before the day. For example, I got to the rugby ground at just before 8am and left after the last runner had crossed around 3ish and there were people there before and after me. I was giving out the goody bags at the end cheering and congratulating the runners finishing the race. Like to thank the runners as virtually everyone gave us a thumbs up at the end or a simple thank you, means a lot guys.

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I agree with earlier comments about the starting points relating to anticipated end times not being obvious - I didn't see them at all. This meant I probably held up a few people and got swept along for the first three miles. I paid for it at about eight miles!! Having said that, the atmosphere was brilliant - better (I thought) than the much larger Bupa Manchester 10k, which was my first organised rave last year.

The marshals were absolutely fantastic - lots of them and all incredibly encouraging. A BIG thank you to all of them.

Water - I desperately needed a bottle of water, the cups just weren't sufficient as to get any decent amount down you do have to stop. I did take my own sports drink with me, but all I wanted was WATER!!!!

Great, fast finish. Photos and timings all available really, really quickly. Just a brilliant experience all round and by gum did I enjoy that Mars bar??

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Only minor grumble is that I would prefer water in bottles as I find it impossible to drink out of cups when I am running hard. Everything else was brilliant.

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One of my all time favourite races. Great organisation and a great goody bag. Great atmosphere and good potential for a pb if you're fit!

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It delivers every year. Great atmosphere and slick organisation. Very helpful and enthusiastic marshals. Top quality medal and technical T-shirt. Faultless event! They even got the weather about right.

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Criticism really was the water. It's too difficult to drink when running with a plastic cup. Get some bottles next year!

Anyone else spot Dwight Yorke Cheering everyone on at the end of the 1st road?

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From the car parking to the post race massages the organisation was excellent

In full: Parking - good

Toilets-enough

Changing and showers-available

Support on course-loud and enthusiastic

Marshals-plenty and helpful

Water-plenty

Course - a bit more uphill on the way back than I had anticipated but fast enough for a PB

Finish-wide and fast and good support

Drinks at the end-plentiful

Goody bag and things - nice to have a medal/tshirt and bag with "Championship" on them

Results - helpful guys in the club house gave me my result straight away and on line that afternoon

Photos-on line that evening

Leaving the venue-quite quick but getting back onto the main road took some time

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Cups at water stations !!!!! If this was a local 10k run then fair enough. For the standard of race and the cost of entry this is rubbish. Best way to get a stitch trying to take onboard some fluid! And no sports drink ?!!!

This is the biggest single drawback to this race.

Not very clear signing for the different time slots at the start.

The mile markers need to be clearer on the course. Just one board on side of the road! If you're in a group it's very easy to miss them and as this race is sold as being great for a PB, then mile-markers are very important. Doesn't have to be expensive , just balloons or something.

The finish area for supporters is rubbish. The field used for car parking over the road from the rugby club had no toilets.

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A well organised event with some excellent marshalling and support. Very nice medal and t.shirt, too.

Bottled water at the end would have been preferable to the flimsy cup and hosepipe combination, though.

And something to eat other than a Mars Bar, but that might just be me!

Overall a favourite race, and improving every year.

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Poorly organised start with no real move to ensure runners were starting in the right time categories.

Water in cups and no energy drinks on the course is not what I would expect for a race that is apparently an English Athletics Half Marathon Championship race. My wife supporting also thought the route from the car park to the finish line via a bridle path was completely inaccessible with a child buggy and had a pretty dreadful experience as a result.

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The organisers do seem to read - and act on - these comments. All in all this is a great race, so my comments below are so they can make it even better.

1. I think the race has outgrown the start. There are just too many people on a very small road. Maybe look at split starts next year?

2. Water in cups is almost impossible to drink. Please introduce bottled water!

But this should not put you off entering what is a great race, great atmosphere and good PB potential.

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Many thanks to all the marshals and volunteers who were as helpful as always.

I will be back next year and have a couple of suggestions / requests...

1) Could you make the water station at 7 miles a bottle station? (I mailed this a few weeks ago as a possibility for next year) – I'm sure one of the major companies would supply for free for the advertising / product placement.

2) I know you can only tell people so many times but the race start is always very frustrating as obviously slow runners start far to close the front. As a suggestion, is it possible to ask for people's expected finish time on the entry form and then colour code people's start numbers?

To the organiser and all the many volunteers. Thank you for, yet again, a well organised and wonderful race.

(Just one suggestion for future races, could you consider highly visible signs at the start indicating where runners should stand depending on their projected finish time – backed up by announcements over the tannoy system? It is a little disheartening to be held up and have to overtake very slow runners in the first couple of miles. My son (finished in 1 hour 25 mins) was held up by a few ladies ahead of him discussing their hopes to finish in under 2 hours 10!!!! Goodness knows why they had started so close to the front!

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Thank you very much for the fantastic run and great hospitality of Wilmslow Running club. The Germans all loved it and want to return!

One final query . For some reason, our fastest runner is not in the results. It's Reinhard Hildebrand DOB 21-2-1955, finished in 1:32:?? . Do you need his start number?

Thanks again and regards,

Stefan

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Just a quick line from all of us at Styal Running Club to say thank you for yesterday's race. The organisation was immaculate and all the marshals incredibly enthusiastic, would you please pass on our thanks to all the parties that helped on the day. Thanks also for the switch to medals which all our club wore with pride at our post race social!

Thanks again from all at Styal RC.

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I would like to thank you for a wonderful race at Wilmslow. The guys from Germany - LG Vellmar and PSV Grün-Weiß Kassel - enjoyed the race with his atmosphere on a hard but very nice course. Some of us improved their PB and were very proud in fact of this case. Stefan Waldert for example (Number 99) runs nearly 22 minutes faster than his first HM. For me personally it was my first HM (nr. 98) and Steve and I had a lot of fun during the race with the supporters and at the finish line.

The race was fantastic organized and I send you best regards from all german runners who spent a wonderful weekend at Manchester with the Sale Harriers who gave us a great hospitality.

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Great event, again!

Just a little grouse.

The p.a. announcer does a good job, with lots of personality, but can someone explain to him that it takes us slower runners a couple of minutes to cross the start line?

Is it unreasonable that when I finally get to the finish the last thing I want to hear is that it's taken me over two hours, when I know damned well that it hasn't!

*This last one needs a bit of explanation.....*

*Each year I get a handful of runners that cause me one headache after another. They move house and then moan I've sent their race number to their old address. They lose their number and expect a new one to be instantly posted out. They expect me to know the times of the trains from Sheffield to Wilmslow. They forget to include their age or club or gender on the entry form. Usually when the gender is missing the name is something like Sam, Pat, Chris. ie. not gender specific.*

I have been sent two different race numbers ; one is one hundred and something and the other is over a thousand. Two separate information packs were sent too. I hope I haven't been charged twice!! If so, please confirm before Sunday's race (preferably by texting or phoning my mobile below) you will refund the second amount.

*My first thought was he must have somehow managed to enter twice online but.....*

I've checked the database and you have entered twice. You entered the race online but then you have also entered by post.

I'm not able to refund any money. However if you know someone who would like to take one of the places send me an email quoting the race number and giving me their name/age/sex/club.

Thanks for the prompt reply! My brother in law, will take up the race number with 4 (four) digits - his address is.....

*I then enter his brother in law as requested only to get the following email after the race:*

Hi Malcolm,

Oops! We got the numbers the wrong way round! I'm the one all in black with the baseball cap, who ran (the better time 1:50) under 1201; my brother in law, in the grey, ran the slower time (1:58) in 181, having got blisters at 8 miles. We feel such frauds telling people our real times when the website shows the opposite – is there any chance, please, of swapping them round on the web site??? Very sorry to have put the wrong numbers on. Really enjoyed the race though.

*I swapped their names in the results and then received the following:*

Hi Malcolm,

Brilliant! Thanks ever so much for yet another prompt reply – you must get lots of complete idiots like me giving you problems both before and after the race!!



## SOME MAY 2011 RACES

### **Rainow 5 Fell Race** Wed. 11 May 2011 5 miles 750' ascent 14°C

Starting at the back, I made a slow start to avoid damage to my improving back ache and did not have to queue anywhere. Not fully competitive, but held off two challengers on the final ascents and the PW was by only 2 minutes.

126 Trevor Faulkner 57.18  
134 finishers

### **Mount Famine Fell Race** 11 am Saturday 14 May 2011 5 miles 1850' ascent 8°C

This is a tough little race, especially on climbing up Mt. Famine for the second time, where I was ahead of 8 others. As usual, most came by on the run down to the finish, but it was a PW by only a minute.

115 Trevor Faulkner 1.19.31 1<sup>st</sup> MV65  
116 finishers

### **Bollington Festival Three Peaks Fell Race** 2 pm Saturday 14 May 2011 5.6 miles 1200' ascent 12°C

This lovely race was almost on the way home from Hayfield, so I went to support our two ladies. Nicky again won her age category and Sarah had a storming finish, almost beating three men who were 10 metres ahead as they entered the finish field. The *Macclesfield Express* published a picture of Sarah's sprint finish, making her a new celebrity in Macclesfield and at work.

67 Nicky Mowat 57.23 1<sup>st</sup> FV50  
81 Sarah Miles 62.52  
92 finishers

### **Llandudno 10** Sunday 22 May 2011 15°C

This was the return of a fast and favourite road race, but spoilt by a Force 10, 60 mph, westerly wind. Other annoyances were a twenty minute delay to the start of the race as they got the traffic to leave the course, and the wretched announcer who rambled on about anything that came into his head. The wind was so strong that runners almost stopped at several corners. In normal conditions, the route would be even faster than previously, because there are now only two gradual inclines rather than three, including the rather cruel one near the end. The new course also allows the head of the race to be seen twice during the race by the rest of the field. A pack of three runners led the race at two miles, with Damian back a bit in fourth. At six miles, the third runner had lost the pace and was just behind Damian, but he went on to finish a minute ahead. Damian ran for Cheshire, finishing with a bronze medal in the inter-counties event.

4 Damian Nicholls 00.54.29 (gun) 00.54.28 (chip)  
63 Andrew Whittingham 01.04.41 01.04.35  
107 Tony Hulme 01.09.06 01.09.02  
701 Trevor Faulkner 01.34.39 01.34.31  
959 finishers

### **Vanessa Chappell Fell Race** Wed. 25 May 2011 6 miles 1317' ascent 13°C

This is another wonderful fell race, where some early queuing allows the view to be admired. Sarah got a great fast start and missed some of the queue. She was 1 minute 20 ahead of me in Lyme Park, but I pulled back to 50 seconds on the final ascent. However, a fast finish downhill run in saw her move forward impressively.

155 Sarah Miles 70.23  
164 Trevor Faulkner 72.08  
179 finishers

Trevor Faulkner

## Bollington Festival Three Peaks Fell Race

This was a low key fell race organised by the brewery as part of the Bollington Festival.

Starting on the viaduct above the sports ground the route took us across town to some fields below Kerridge ridge. Climbing to the middle of the ridge we then headed to the summit of Kerridge Hill at the far end towards Macclesfield. Here I took pride in overtaking a lot of unattached runners by running rather than walking up the hill.

From the top we dropped immediately down to the bottom of the ridge, then climbed straight back up to the summit of White Nancy. Flying down the face of the hill I might have taken a wrong turn, but Trevor was waiting at the bottom, an unofficial marshal/photographer to indicate the direction.

From here the path wound along some footpaths across town to the opposite side of the valley and up Nab Hill. This part was poorly signed and marshalled. A number of runners got lost. As I neared the main road runners seemed to be approaching from all directions. Local knowledge had got me through. I knew the footpath from a works team building exercise, so spotted the piece of tape attached to a drain pipe which was all that was in place to mark the route.

The climb up Nab Hill was pretty gruelling, but it was at least pleasing to know that once it was done, that was it for hills, with only a short stretch of canal to go back to the finish.

Descending back into sports field I decided on a sprint finish. I crossed the line at full pelt, neck and neck with a fellow runner. The runner in front stopped dead on the line, and with nowhere else to go I crashed straight into his back! My grimace as I anticipated the crash was captured by the race photographer. This delightful image was published in the Macclesfield Express much to the amusement of my colleagues who have taken great delight in plastering it around our office!

Overall, it was a friendly, low key local event, with great food and free beer for all competitors after the race.

3	39.15	Malcolm Fowler	1st MV40
67	57.23	Nicky Mowatt	1st LV50
81	1.02.52	Sarah Miles	

92 Finishers

Sarah





## Sale Sizzler

Sale Harriers are allowing Wilmslow RC members ten free series entries to the Sale Sizzlers in thanks for assisting them with arrangements for their 30 German guest runners at the Wilmslow Half Marathon.

Five of the entries have now been taken. If you want one of the remaining five, email me ASAP. I'll be forwarding a list of runners to their entries secretary next week.

**SALE 5k SIZZLER (1) Thursday June 30th 7.30pm :**

**SALE 5k SIZZLER (2) Thursday July 14th 7.30pm**

**SALE 5k SIZZLER (3) Thursday July 28th 7.30pm :**

**SALE 5k SIZZLER (4) Thursday August 11th 7.30pm**

Malcolm



## New Club Handicap

Following the enthusiastic support for the idea of a Club summer handicap event at the AGM, this will be held on Sunday morning **17 July 2011**. It will be a low-key 10 mile mixed terrain run based at the Macclesfield Forest Visitor Centre at Trentabank: a good fun alternative to a normal Sunday run.

More info will be given in the July Newsletter, but put the date in the diary now.

Trevor and Catriona



## Runner of the Month

**Results to be posted on the website.**

# Spotlight On ... Kate Sutton

## 1. Which books are by your bedside?

Several large stacks which grow before I read them.

Currently it's 'The Northern Clemency' by Philip Hensher – set in 1970s Sheffield – normal life at the dawn of Thatcherism. Lots of modern fiction eg 'The White Tiger' by Aravind Adiga – the underclass making progress in Bangalore, India's IT capital.

I have also just finished 'Why We Run – A Story of Obsession' by Robin Harvie. Fascinating account of why he tackled the 150 mile Spartathlon from Athens to Sparta. It makes the Marathon de Sables sound easy as they get a week for the same distance – not 36 hrs!

## 2. Which famous person would you most like to have dinner with and why?

Stephen Fry for wit and wisdom. Elizabeth I – insight into Henry VIII saga but mainly her achievements in a man's world. Oh and Vigo Mortensen as eye candy (!)

## 3. Where would you spend your dream holiday?

Just planning the Inca Trail for next year. Torres del Paine in Patagonia also appeals plus Angkor Wat, Cambodia, and gorilla watching in Uganda. The list is endless – Greenland, Isfahan in Iran, Bhutan...

## 4. What music do you listen to?

Only in the car! Am lucky enough to be going to Glastonbury this year – so looking forward to the headline acts – U2, Coldplay, Beyonce, Elbow etc. Ci Lo Green, Amy Winehouse are current favourites and I grew up with Northern Soul courtesy of older sister so still enjoy Tamla Mowtown.

Having played clarinet at school, classical/opera at times too. Recommend the outdoor opera in Verona set in the old Roman amphitheatre.

## 5. What's your signature dish?

Orange tarragon chicken. Followed by chocolate bread and butter pudding. I would love to cook more – the idea of a holiday in Italy cooking from the fabulous markets and eating on sun-drenched terraces with a glass or two of wine appeals.

## 6. What's your favourite car?

Any Porsche or Aston Martin! Will stick with my more humble Alfa for now but hope to find time for a track day at some point.

## 7. When did you start running?

About 10 years ago to get fit for mountain biking. I would now say I was a runner who biked, having broken too many bones. I was dragged out by friends – managed the 1.5 mile out to the end of the beach but had to walk a lot on the way back. I got round my first Wilmslow Half in 2hrs 11mins and then was brought down to WRC by ex-member Jo Dunn. Ron Reed and Paul Sanders looked after me that first dark winter till I could eventually keep up!

**8. What's your favourite racing distance and why?**

Anything up to a half. I enjoy pushing all out on the road but off road is more enjoyable – if I don't fall over. Cross country team races are fab for their camaraderie.

**9. How much running do you generally do a week outside training sessions?**

Not enough! Having been injury prone of late I am having to do a lot of cross training. I've done some slower running lately coaching my sister to her first 10K which has been a lot of fun.

**10. What other sports do you enjoy, either actively or as a spectator?**

Ski-ing is my other great love. I enjoyed an off-piste week this year and would like to get into touring to get away from the pistes and stay in mountain huts.



## CLUB CALENDAR 2011

CLUB CALENDAR 2011						
June						
02-Jun	Thurs		<a href="#">Tittesworth Trail</a>	Tittesworth (Staffs Moorlands race)		SS
08-Jun	Weds	19:30	<a href="#">Boar's Head</a>	Boar's Head Hotel, Poynton		SS
12-Jun	Sun	09:00	Tony's Training Day	Offa's Dyke		
14-Jun	Tue	19:00	Tuesday Training from Edge	Alderley Edge, Festival Hall		
23-Jun	Thurs		<a href="#">Shuttlingsloe</a>	Macc Forest Visitors' Centre		SS
25-Jun	Sat	16:30	<a href="#">Lymm 5k</a>	GP Men		GP SS
26-Jun	Sun	09:00	Sunday club run from Edge	Wizard car park, Alderley Edge		
July						
03-Jul	Sun		<a href="#">Fairy Freckled Cow Trail Race</a>	Alwen Reservoir, Conwy		SS
05-Jul	Tue	19:00	Tuesday Training from Edge	Alderley Edge, Festival Hall		
06-Jul	Weds	19:30	<a href="#">Forest Park Ladies 5k</a>	Birchwood Forest Park		GP
10-Jul	Sun	11:00	<a href="#">Bollington Nostalgia</a>	Bollington, Bridgend Centre		SS
10-Jul	Sun	09:00	Sunday club run in Lyme Park	Boar's Head car park		
14-Jul	Thurs	19:30	<a href="#">The Wizard 5</a>	Alderley Edge		
17-Jul	Sun	09:00	Summer Club Handicap	Macc Forest, Visitors' Centre		
24-Jul	Sun		<a href="#">Moonraker 10k</a>	Bowlee Park, Middleton		SS
26-Jul	Tue	19:00	Tuesday Training from Edge	Alderley Edge, Festival Hall		
27-Jul	Weds	19:00	Forest 5	Macc Forest		SS
31-Jul	Sun	09:00	Sunday club run from Edge	Wizard car park, Alderley Edge		
August						
TBA	Weds	19:30	Pie and Peas 5	Probably Weds 3rd		SS
07-Aug	Sun	10:00	<a href="#">Meerbrook 15k</a>	Meerbrook, Leek		SS
14-Aug	Sun	10:00	<a href="#">Great Warford 10 mile road race</a>	Great Warford		
16-Aug	Tue	19:00	Tuesday Training from Edge	Alderley Edge, Festival Hall		
21-Aug	Sun	10:30	<a href="#">Birchwood 10k</a>	Warrington		GP SS
28-Aug	Sun	09:00	Sunday club run from Edge	Wizard car park, Alderley Edge		
September						
06-Sep	Tue	19:00	Tuesday Training from Edge	Alderley Edge, Festival Hall		
11-Sep	Sun	09:00	Sunday club run in Lyme Park	Boar's Head car park		
18-Sep	Sun	11:00	<a href="#">Sutton 6 10k</a>	Guilden Sutton, Chester		GP SS
25-Sep	Sun	10:00	<a href="#">Macclesfield Half Marathon</a>	Macc Leisure Centre		SS
25-Sep	Sun	09:00	Sunday club run from Edge	Wizard car park, Alderley Edge		
27-Sep	Tue	19:00	Tuesday Training from Edge	Alderley Edge, Festival Hall		
October						
02-Oct	Sun	11:30	<a href="#">Alexandra Park 5k</a>	Whalley Range, Manchester		SS
09-Oct	Sun	09:00	Sunday club run in Lyme Park	Boar's Head car park		
18-Oct	Tue	19:00	Tuesday Training from Edge	Alderley Edge, Festival Hall		
30-Oct	Sun	10:00	Halloween Hellraiser	Nantwich (date TBA)		SS
30-Oct	Sun	09:00	Sunday club run from Edge	Wizard car park, Alderley Edge		

SS - Summer Series

GP - Road Grand Prix event

XC - Cross Country - times indicate Senior Ladies start time

## 2011 Summer Series > Race 4 - Bluebell Trail Race (10.3m), Halifax

Sunday, 01 May 2011

1	Damian Nicholls	M	01:04:10
3	Malcolm Fowler	M 45 (1)	01:08:04
10	Jim Pendrill	M 40	01:12:03
11	Tom McGaff	M 55 (1)	01:12:15
30	Karen Pickles (Pudsey)	F40 (1L)	01:17:26
38	Andrew Whittingham	M 40	01:19:06
48	Ian Smallwood	M 45	01:21:40
54	Tony Hulme	M 60	01:22:34
66	Steve Smith	M 45	01:25:13
67	Paul Garnett	M 45	01:25:13
83	Richard Hirons	M 45	01:28:05
95	Jon Bale	M 45	01:29:05
102	Gareth Trimble	M	01:29:41
105	Paul Norris	M 50	01:30:13
111	Matthew Atkinson	M	01:30:39
114	Andrew Dodd	M	01:31:12
129	Geoff Gilbert	M 55	01:33:16
132	Nicky Mowat	F 50	01:33:44
160	Janine Ellis	F 40	01:37:13
176	Clare Hawkes	F 50	01:38:35
177	Chris Cannon	M 50	01:38:59
189	Angela Maziere	F 50	01:40:01
204	Soraya Mason	F 45	01:42:16
215	Sharon Jones	F 40	01:43:00
218	Carolyn Hirons	F 45	01:44:23
304	Don Bullough	M 50	01:57:04
331	Gail Hill	F 35	02:01:02
342	Trevor Faulkner	M 65	02:02:32

(394 finishers)

## Summer Series - Race 4 race report and update on the tables

### Bluebell Trail - hilliest yet!

### Age/sex Adjusted Times – Bluebell Trail

## 2011 Summer Series > Race 5 - Mobberley

Full provisional results available at : <http://www.race-results.co.uk/results/2011/mobberley.pdf>

### WRC Results

<b>Pos</b>	<b>Name</b>	<b>Cat</b>	<b>Time</b>
1	Damian Nicholls	M	28:08
3	Rob Downs	MV45 (1)	29:28
4	Malcolm Fowler	MV45	30:10
6	Jim Pendrill	MV40 (1)	30:41
7	Trevor Morris	MV45	31:32
10	Andrew Whittingham	MV40	32:04
11	Barry Archbold	M	32:12
12	Graham Screawn	MV40	32:29
18	Rob Gilbert	MV40	33:28
21	Mick Fairs	V60 (1)	33:43
24	Steve Smith	MV45	34:02
25	<a href="#">Graham Taylor</a>	<a href="#">MV45</a>	<a href="#">34:11</a>
27	Peter Bannister	M	34:17
28	Aron Myers	M	34:23
30	Tony Hulme	MV60	34:35
33	Matthew Atkinson	M	34:43
43	Paul Garnett	MV45	35:12
44	Katy Green	LV35	35:13
45	Jon Bale	MV45	35:29
46	Andy Watts	MV60	35:34
49	Paul Norris	MV50	35:54
50	Gareth Trimble	M	36:01
53	Geoff Gilbert	MV55	36:08
61	Gavin Mendham	MV60	37:00
62	Jarrold Homer	MV40	37:02
63	Andrew Dodd	M	37:06
64	Kate Sutton	LV45	37:08
65	Steve Russell	MV50	37:21
68	Janine Ellis	LV40 (1)	37:30
72	Sally Johnston	LV45	37:40
76	Peter Bream	MV40	37:55
78	Jim Yearsley	MV50	37:56
79	Nicky Mowat	LV50 (1)	38:00
82	Sarah Waite	L	38:09

87	Alan Turner	MV45	38:36
89	Owen Ashcroft	M	38:42
98	Chris Cannon	MV50	39:25
100	Clare Hawkes	LV50	39:37
102	John Porteous	MV55	39:43
109	James Gowin	M	40:25
113	Soraya Mason	LV45	40:40
117	Sharon Jones	LV40	41:01
122	Peter Watson	MV70	41:17
124	Simon Fenton	MV65	41:31
125	Angela Maziere	LV50	41:43
141	Melissa Broughton	L	42:44
142	Carolyn Hirons	LV45	42:51
145	Rod Coombs	MV60	43:28
154	Roy Pownall	MV60	44:23
160	Julie Lucas	LV45	44:51
173	Sarah Miles	L	46:22
174	Gail Hill	L35	46:29
201	Don Bullough	MV50	62:21

**Turnout (52) > New Record !!**

**Summer Series – Race 5 Mobberley ‘Round the Runway’ 5**

**Mobberly - Age/Sex Adjusted Times Summer Series, Race 5**

**Mobberley 5 and Manchester 10k**

A note to add to the Mobberley 5 race reports...

This is a thank you to Gail. In an attempt to shift her reputation for sneaking up behind us and pipping us to the line, Gail gallantly shouted me on from behind throughout the Mobberley race. Periodically, catching me up to check the time and distance (her watch had broken) then dropping back. As we neared the finish line I heard a shout of "I'm catching you Sarah", which was all the encouragement I needed to make one last push for the finish, crossing the line 7 seconds in front.

Has Gail become less sneaky? Can a leopard change its spots? That remains to be seen when she is back up to full strength and there are more points at stake! For now I'll happily give her the benefit of the doubt.

Sarah

## Dunham Massey 5k

### Summer Series - Race 6

Friday May 27

9	DOWNS, Rob	16:35	Male V45
13	PENDRILL, Jim	16:54	Male V40
15	MORRIS, Trevor	17:11	Male V45
31	MCGAFF, Tom	17:41	Male V55
34	WHITTINGHAM, Andrew	17:55	Male V40
40	ARCHBOLD, Barry	18:09	Male Senior
47	MACNEIL, Graham	18:17	Male V45
48	WHEELER, James	18:19	Male Senior
50	SCREAWN, Graham	18:27	Male Senior
53	EYRE, James	18:43	Male Senior
61	TAYLOR, Graham	18:54	Male V45
64	RUDD, Louise	18:56	Lady V35
68	MYERS, Aron	19:05	Male Senior
70	ATKINSON, Matthew	19:09	Male Senior
76	RATCLIFFE, Paul	19:24	Male V40
78	GREEN, Katy	19:25	Lady V35
79	BISHOP, Nick	19:33	Male V50
82	GARNETT, Paul	19:40	Male V45
86	BALE, Jon	20:00	Male V45
91	NORRIS, Paul	20:11	Male V50
92	TRIMBLE, Gareth	20:15	Male Senior
93	GILBERT, Geoff	20:17	Male V55
98	HOMER, Jarrod	20:35	Male V40
111	MENDHAM, Gavin	20:57	Male V60
113	BREAM, Peter	20:59	Male V40
114	GERAGHTY, Christine	21:04	Lady V45
116	JOHNSTON, Sally	21:04	Lady V45
118	MULRYAN, Jane	21:06	Lady V55
119	RUSSELL, Steve	21:07	Male V50
122	ELLIS, Janine	21:10	Lady V40
123	SUTTON, Kate	21:13	Lady V45
125	ASHCROFT, Owen	21:15	Male Senior
127	TURNER, Alan	21:20	Male V45
129	GOWIN, James	21:30	Male Senior
138	PORTEOUS, John	21:54	Male V55



143	CANNON, Christopher	21:58	Male V55
145	HAWKES, Clare	22:08	Lady V50
156	MAZIERE, Angela	22:56	Lady V50
162	WATSON, Peter	23:16	Male V70
166	MARSHALL, Catriona	23:34	Lady V40
169	HIRONS, Carolyn	23:44	Lady V45
171	BIRCH, Nina	23:48	Lady Senior
172	POWNALL, Roy	23:53	Male V60
203	HILL, Gail	26:07	Lady V35
211	GIBSON, Elspeth	28:00	Lady V40
226	WHEELDON, Martin	33:19	Male V55

[Summer Series - Race 6](#) **Dunham Massey 5k**

[Dunham Massey - age/sex adjusted times](#) **Summer Series - Race 6**

[Race 6 - age/sex adjusted](#) **Dunham Massey 5k**

**from the website**

[South Cheshire 20](#)

[Alderley Edge Training](#) **The 2010 Summer Series Shirt Session**

[CHRISTLETON 5K](#)

[NORTHERN VETS TRACK & FIELD CHAMPIONSHIPS](#)

[Chester Half Marathon](#)

[Great Manchester Run](#)

[Running Bear Alderley Edge Carnival 5K](#)

[National Masters Road Relays Championships : Sutton Park , Birmingham](#)

[Edinburgh Marathon](#)

[London Marathon 2012](#) Just a reminder - if you want to enter for the London 2012 as '[good for age](#)', then you've only 7 weeks to do so (not 3 as previously stated!) - entries close on 15th July. The ballot is now closed, but of course there are charity places. Plus we will probably get 2 club entries in the Autumn.

[Newest Club Member !!](#)

[Form Scores](#)

[Sale 5 - Monday 30th May](#)